LIVING IN INDIA

A Pamphlet for Overseas Students



सत्यमेव जयते

1956

Ministry of Education

Government of India

FOREWORD

I am glad to introduce this small brochure which is intended to give visitors from other countries and particularly students who come here from abroad a general idea of India and her people India is too big a country to be described within the compass of a short brochure and many volumes would be needed to deal adequately with even one facet of her life Complexity and variety are *inescapable in so vast and ancient a land and it is possible to find* exceptions to almost every single statement made in this brief study Nevertheless the account given here will serve as an introduction to India and help our friends from abroad in getting an insight into Indian life

This task is somewhat easier because of one significant fact Even a cursory acquaintance impresses one with the underlying unity of Indian life and culture Those who seek to know more about India and understand the rich and complex ways of life which have developed here will have to undertake far deeper study but this first impression is not likely to change On the contrary the deeper the study the stronger will be the sense of the unity and *synthesis of Indian life and culture In spite of many differences* and diversity in details a remarkable unity of spirit underlies the multiform manifestations of Indian life

I would offer only one other remark All visitors coming from abroad will soon find that in spite of many outward differences in form and expression Indians are not very different from their own people They must not therefore look upon Indians as strange or alien creatures but as fellow humans in another country Human *nature is basically the same throughout the world Everywhere the* common man is friendly and willing to help strangers He responds to friendship but resents hatred or assumption of superiority In the case of India her long history has made the people if anything more tolerant of alien forms than people in some other countries Every visitor can therefore be sure that he or she will find here warm and enduring friendship if only he or she approaches the people without pride and prejudice

HUMAYUN KABIR

NEW DELHI
OCTOBER 19 1955

E D 121/5000

Publication No 00

Price **As /12 or 1 sh**

*Printed in India by the Manager Hind Union Press New Delhi
and Published by the Manager of Publications Delhi*

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INDIA AND HER WAY OF LIFE

India is a sub continent not a mere country It is well to remember this fact as you travel through its length and breadth It extends over an enormous area—2000 miles from north to south and about 1700 miles from east to west How big the country is you may realise when you know that India is almost as large as Europe excluding Russia or thirteen times the size of the United Kingdom The great diversity of her physical conditions and her people flora and fauna entitle her to be regarded as an epitome of the world

A glance at the map of India will show you that the sub continent falls into three broad natural regions

(1) The Himalayan region of the north with high mountains that wall India off from the rest of Asia The mountain wall curves east and west like a scimitar across the north of India forming a complete rampart

(2) The great plains of the north that stretch out from the feet of the Himalayas and are formed by the basins of the three rivers—the Indus the Ganges and the Brahmaputra

(3) The great plateau called the Deccan that is situated south of the great plains Between 1500 and 4000 feet high the Deccan is highest in the south and west and slopes on the whole eastwards

As you would expect in a sub continent climatic conditions vary widely There are four seasons—summer the monsoon or rainy season autumn and winter In summer April to June it is generally hot though on the hills (and there are many hill stations) it is always cool The monsoon or rainy season lasts from June July to September Between September and November India enjoys a short autumn neither too warm nor too cold Winter November to January and Spring January to March are very pleasant indeed In north India it is at times cold and there are heavy snowfalls on the hills

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The people of India are of varied racial stock They are descendants of the original inhabitants the Dravidians and of the Aryans who came to India later In fact new peoples have been settling here over a period of 5000 years The people of the sub continent differ in form and face in manners and

and they do not always speak the same language There are as you would expect in a sub continent with a long history differences of race and religion traditions and outlook but beneath all diversity we find a basic unity achieved through common influences shared through the centurie

According to the latest census there are about 225 dialects in India Since English is still the medium of instruction at Indian universities it is the language of the educated These classes do not however constitute a large percentage of the population The most widespread spoken language is Hindustani a composite term used popularly to cover both the Hindi and the Urdu languages spoken by about 150 million people The Indian Constitution has defined Hindi as the official language of the Union but made it clear that the term must meet the needs of all elements in the diversified culture of India The people who speak Hindi or Hindu stani are largely concentrated in north and central India Other languages that are widely spoken are Tamil Telugu Kannada and Malayalam that are used by about 85 million in South India Over 25 million people speak Bengali 27 million Marathi and 16 million Gujrati The Indian Constitution recognises 14 languages one of which—Hindi—as indicated above has been declared the official language of the country because it is spoken by the largest number of Indians

The sovereign democratic Republic of India came into being on January 26th 1950 The Con titution of India is the longest and most elaborate document of its kind in the world It consists of 395 Articles and nine Schedules In its structure are found elements of the Cabinet system of Britain the Presidential system of the United States of America and of the Constitutions of the Irish Free State and Japan

The executive power of the Indian Union is vested in the President who is advised in the exercise of his functions by a Coun cil of Ministers with the Prime Minister as its head The Parlia ment is bicameral and consists of the *Rajya Sabha* or Upper House and the *Lok Sabha* or the House of the People Within the framework of the Indian Constitution all citizens are guaranteed equal rights and liberties irrespective of caste creed or sex The national flag is a horizontal tricolour running in stripes of saffron for courage and sacrifice white for truth and peace with a chakra wheel or in the centre and green for faith and chivalry

January 26th is a national holiday to celebrate the inaugura tion of the Republic Flag hoisting ceremonies parades and pro cessions festivals fairs and public meetings are held on this day in all villages towns and cities Special ceremonies are held at the Union and State capitals and after sunset they become cities of lights

In most parts of the world religion has played an important part in moulding the people s outlook In India its influence has probably been stronger and more far reaching than elsewhere *Of many faiths and communities the Indian people have lived* as neighbours through the centuries and have developed a cosmopoli tan attitude to the festivals of the several communities that com pose their society

In a population of 356 million there are about 300 million Hindus 35 million Muslims and the rest are Christians Sikhs Parsees Buddhists and Jains Every Indian town big or small provides a place of worship for its devotees—a temple for Hindus a mosque for Muslims a church for Christians a gurdwara for Sikhs The architecture of these holy buildings is distinct in detail and type and should provide you with interesting material for study

Here are the more important festivals of India

Holi is the annual spring festival and is celebrated in the month of March The day passes in wild merriment and fun and coloured water is thrown over relatives and friends

Durga Puja the worship of the Goddess Durga is the most important festival of Bengal and generally of eastern India and is celebrated in autumn It signifies the triumph of good over evil

Dussehra is a great festival all over India and is held in Septem ber October every year in honour of the victory of Ram over the *demon king Ravana* In all important towns of India huge effigies of Ravana are made and burnt at the conclusion of the festival

Deepavali Divali for short is the most beautiful of Hindu *festivals The word Divali means feast of lights and on this* day which occurs in October November the whole country is like a fairy city of lights Divali ushers in the Hindu New Year

Id ul Zuha or **Bakr Id** is a Muslim festival that commemorates Abraham s willingness to sacrifice his son (whose name according to Muslims was Ismail) to God The festival is celebrated with the sacrifice of animals usually goats

Id ul Fitr is a Muslim festival that marks the end of Ramzan On this day Muslims wear new clothes and generally apply antimony to the eyes and perfume themselves Thousands of Muslims congregate for prayers in mosques and alms are di buted with great magnanimity

Moharram is another Muslim fe tival observed most enthusia stically by the Shia Community The first ten days of the month are dedicated to mourning for the martyrdom of Husain the maternal grandson of the Prophet and the festival is celebrated by reciting elegies and bringing out passion plays (tazias)

The two big Christan festivals are *Christmas* and *Easter* in December and April respectively Christmas marks the birth of Jesus Christ Easter commemorates his death and resurrection

* * *

Rice is the staple food of the east and south while wheat barley and maize are widely used in the north west and centre of the country Contrary to the popular belief that all Indians are vegetarians the majority eat fresh meat fish and eggs The most common g nuine Indian dish is curry Almost any food may be put into a curry provided it is highly spiced and seasoned with pepper and chillie Sweetmeats of various kinds cooked either in ghee or made from casein are common

It is as well to b careful about your diet in a hot climate to under rather than to over eat and to be moderate with curries and other highly spiced dishes till you discover whether or not they agree with you Fruit is plentiful Among the fruits that are more or less unfamiliar to the we t the *mango custard apple jack* lichi papaya (pawpaw) are especially tasty

Indian eat their food with their hands Knives and forks are not used in most hous but there are many middle class homes in the towns where European cutlery is not unknown

In drinks you have a fairly wide choice—coca cola lemon squash soda aerated waters *lassi* (buttermilk) and *sherbat* (sweet juice) Juices made from tomato pineapple and pomegranate are common Tea and coffee are popular in both north and south Coffee is more popular in the south tea in the north

* * *

Dress in India is as varied as the climate and follows climatic variations In central eastern and western India the dress of the average Indian is the *dhoti* that consi ts of a piece of white cloth cotton line or silk—four to five yards long—and is worn from the wai t downwards The ordinary dress for men both Hindu and Muslim in the north is a *salwar* a kind of loose pyjama that is worn with a shirt known as the *kurta* In the south a short fo m of

dhoti is worn The educated classes in cities and to a cer ain extent industrial labourers have adopted European clothes for daily wear

An Indian woman s dress is the *sari* one of the most graceful garments in the world It varies in length from five to nine yard It may be of cotton silk rayon or chiffon The style of wearing it differs from region to region In north India and particularly in the Punjab and Kashmir many women wear the *saluar* with a flowing *kurta* and a *duratta* a scarf thrown back over the shoulders

There s a great v riety of head dress worn by different com munities in India Th turban that con ists of a long piece of fine stuff may be worn in at least ten diff rent styles A Gandhi cap an angora cap a parsi hat haned like a cow s hoof or a Muslim fez are a few of the other kinds of head wear prevalent in India Head dress is not o common in the south and the east

When out of doors Indians generally wear sandals or loose slippers called chappals but the middle clas es of cities often wear the European style of closed shoe

The national dress of India for men at all official functions is a *sherwani* a form of long coat and *churidar* pyjamas that are tight fitting For women it is the sari

* * *

Visitors to India are sometimes welcomed on their arrival wi h a garland of flowers This is a typical Indian welcome and the custom is common to all communities Greeting with folded hands (namaskar) is another custom that you will see and like It is the Indian way of saying How do you do? when you meet and Au Revoir or Goodbye when you part

One of the things that intrigues a newcomer is the wearing of marks on the forehead a practice confined to the Hindu commu nity These marks when borne by men may indicate the caste of the wearer or his religious faith Among the materials used for caste marks are ash white earth yellow earth and sandalwood paste Hindu women wear on the forehead a red dot called the *kumkum* which originally had a religious significance but is now sometimes worn by women of other communities as an aid to beauty

The visitor who realises that what is customary in one country is not necessarily cu tomary in another will get off to a good start For instance you will be wi e to remember that an Indian woman will not behave in quite the am way a a Bri ish or an American

woman She has been brought up differently and is much more reserved She may not even talk to you if you try to engage her in conversation without being formally introduced Do not be surprised if when you are invited to an Indian house you see no women for in many orthodox homes they do not appear before casual visitors and especially men In your everyday contact with Indians on trains in buses in cinema houses rest houses or other places behave naturally with courtesy and respect for the established practices of the country When you visit temples and mosques be careful to take your shoes off and do not trespass beyond prescribed limits Indians and particularly those in the smaller towns have not had much contact with outsiders If anyone happens to seem curious about your dress or your appearance do not be offended It is just possible that he has not seen a man or woman like you before Indians have had similar experiences in foreign countries Only about ten years ago an Indian woman in a sari in a highly developed western city that shall remain unnamed caused a traffic block !

Like people elsewhere and perhaps to a higher degree Indians are generally hospitable friendly and generous Their friendship is spontaneous and large hearted Once they have given it to you they will be prepared to do much for you

What is typical Indian family life like ? There was a time when the young Hindu bride formed part of a very large household which included her husband s father mother unmarried sisters and brothers with their wives and children This was the Joint Family system which though in the main a Hindu institution is now common in certain Muslim communities The Joint Family is breaking up under the impact of new conditions The young Indian woman of today and usually the young man too more especially in the educated classes wants to have a home of her/his own This urge for domestic independence has loosened social bonds and is paving the way for a new social order where women work side by side with men and take an increasingly active share in public life The answer to our question therefore is that there is probably no typical Indian home in the cities but that in the villages you may still come across it

The arts of India are ancient and therefore highly developed

The Indian dance is an elaborate form of art and is spectacular to watch with an unrivalled harmony of colour light and movement

Behind this spectacle is a vocabulary that can be mastered only with long practice The *mudras* or symbolic gestures require rigid control over the muscles of the face eyes and body The

Indian classical dance has many variations—the vigorous *Kathak* of the north the elaborate *Kathakali* of the south the *Manipuri* dance of Bengal and the *Bharata Natyam* of the south that is a pure dance form distinct from dance drama

The cultural renaissance of India ushered in with the country s independence in 1947 has stimulated popular enthusiasm for the art of dancing Classical dance is no longer the preserve of a few it is a popular social accomplishment Today tradition in the dance is not enough dancers punctuate the traditional patterns with new movements and forms Apart from artists like Uday Shankar Balasaraswati and Ram Gopal well known troupes like the Indian National Theatre the Chitra players and students of the Visva Bharati have used dance drama to interpret certain aspects of India s cultural life

The literature of India is as you would expe t in a country o old with a recorded culture of many thousands of years rich and varied The two great old epics—the Ramayana and the Mahabharata—are well known outside India and excellent translations exist in England and America These translations are easily available in India Then there are the famous collections of Indian fables—the *Panchatantra* and *Hitopadesa* Both these have been translated into English and are available at good libraries In addition to the great classics of the country there are ancient dramas like—Kalidasa s *Shakuntala* and Shudrak s *Mrichchakatik* (The Toy Cart) There is a vast amount of literature old and new in the fourteen languages of the country Hindi the national language has had its best literary exponents in the north It is the language spoken by the majority of the Indian people and has now developed a rich and growing literature The languages of the south—Tamil Kannada Telugu and Malayalam—all enjoy rich literatures and some of this is available in translation Bengal in the east Gujrat and Maharashtra in the west also have very great literatures and contemporary writing in these languages as in the languages of the south is vivid and interesting There is also a certain amount of writing on India in English This is as you would expect fairly recent Some of it is good and all of it will help you to know the far flung sub continent better The bibliography at the end of this small pamphlet introduces you to some modern writing on India in English

Of all arts music is the most abstract and the most difficult to enjoy without some initiation There is a big difference between Indian and western music the dominant feature of Indian music being the melody produced by the regulated succession of concordant notes To Europeans or Americans this may seem and perplexing There are two classical schools of I

the Hindustani School of the North and the Karnatak School of the South The former has been subject to Persian and Arabic influences but Karnatak music for better or for worse has preserved its purity of tradition Some styles of Indian music are *dhrupada khayal thumri ghazal geet* and *bhajan*

* * * *

Everyone says that India lives in her villages and that it is to the villages not to the big cities or commercial centres that you must turn to find the true India This is of course largerly true but we must not forget the growing importance of towns In the countryside the peasants with their simple way of life simple beliefs and the instinct to survive represent the time worn traditions and customs of the country

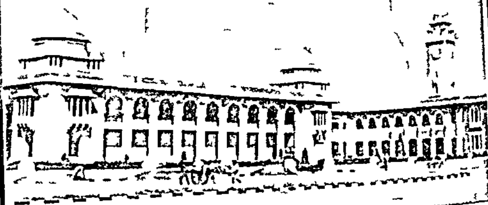
Side by side there is a new growth of life in the towns The more ambitious and able people often move from villages to towns and the type of life they lead tends to change patterns of behaviour in villages The fact that a large number of industrial workers is continually moving to and fro between village and town has accelerated the process of change in villages After the attainment of independence a programme of Community Development and National Extension Service has been taken up to provide some of the amenities of urban life to rural areas The countryside is literally changing before our eyes and it is no longer true to say that India lives only in her villages You will not always find it easy to penetrate to the countryside for metalled roads do not always open up the way to villages For the most part Indian villages consist of clusters of huts lying amidst fields along rough dusty cart tracks Walls or houses are plastered with mud and floors smeared with a covering of cowdung that the Indian peasant has always regarded as one of nature s disinfectants Most villages have no electricity and none of the ordinary amenities of urban life Nevertheless the villages live a life of their own and are often neat and attractive

In India as elsewhere agriculture is the chief business of the peasantry who have in recent years been encouraged to undertake small industries In ancient times every village had its elected officials—the *patel* or headman the *chaukidar* or watchman the *patwari* or accountant The civic affairs of the village were managed by a *panchayat* or council of five that was composed of village elders Today most of these functionaries survive as government servants Community Development Projects initiated by the Government of India under the first Five Year Plan aim at mobilising community effort on a large scale for schemes of agricultural

production public health education and road construction These projects represent India s efforts at building up a prosperous nation In your long vacations you may find it instructive to visit one of *these community project areas*

Indian city life is colourful Everywhere there is variety and contrast—in the spacious streets flanked by mean alleyways and lanes in the varied architecture mediaeval and modern in the modern well stocked stores situated alongside a jumble of small shops pavement vendors and hawkers In these crowded city streets you will see all the costumes of India and all the headgear Around you the present and past meet for you will see motorcars trams buses and bicycles jostle tongas and bullock carts

With the growth of industrial life people tend to leave the village for the town Mills and factories in the cities have complicated the social pattern of urban life and have created problems of over crowding that the municipal administrator and welfare worker must deal with But life in the city is full and varied Clubs cinema houses theatres museums sports stadia—all compete for your leisure

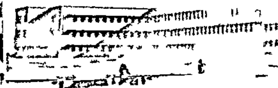


Places of Higher Education

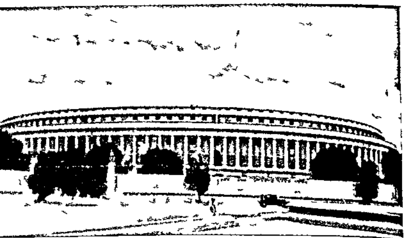




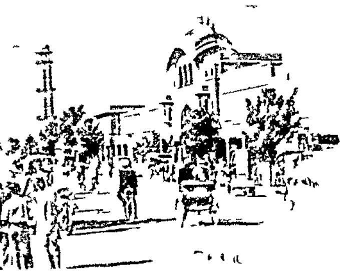
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Town





People



of



a sub continent



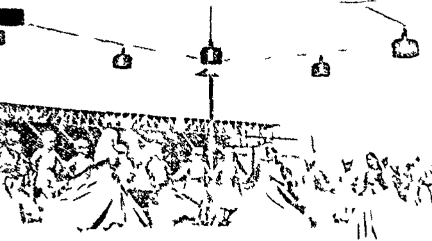




Indian  Women



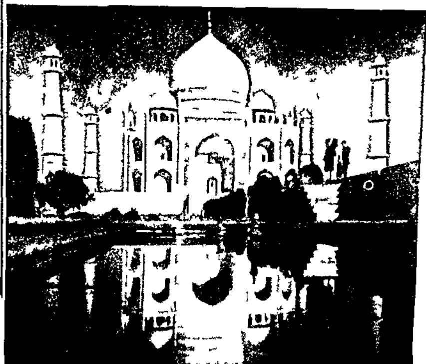






Folk *and* **Classical Dance**





Indian Architecture



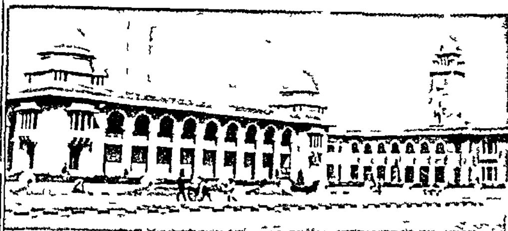


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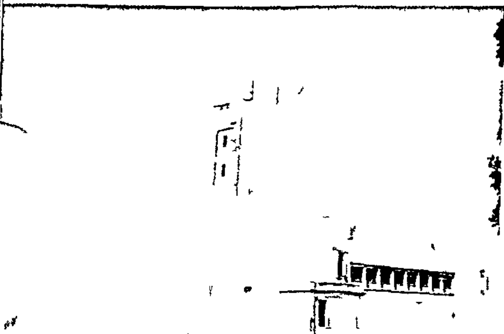


Sculpture

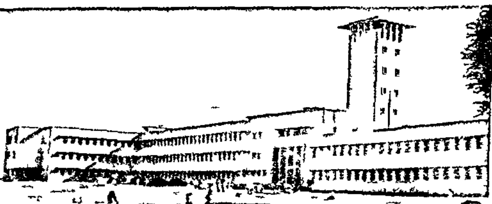




Places of Higher Education



and Research



PART II

YOUR LEISURE AND VACATION

(a) Social Life in Colleges

It is possible that at the beginning you may feel a little isolated and left out of the social life of the college Indian students may seem aloof and distant but acquaintance and friendship are only a matter of time If you take the initiative in making friends with Indian students you will be surprised at the ease and warmth of their response If at any time you are inclined to feel irritated by the lack of knowledge of their country and customs that some Indian students occasionally betray it will probably help you to remember our first counsel to you—namely that India is a vast country and that to have a thorough knowledge of its different regions climatic conditions customs traditions and manners is a big task By inference their lack of knowledge of your country should not be taken to be lack of interest in you or your country

College societies and clubs are a normal feature of every university in India You should become a member of these bodies and take an active interest in their activities for they will provide you with excellent opportunities for making friends widening your interests and becoming part of the life of the college At formal and informal gatherings you will tend to form closer contacts with Indian students and get to know something of the Indian way of life And you should not hesitate to ask your Indian friends and teachers about any aspect of Indian life that may interest you or may seem odd to you

Every college and university generally has a Union of students In some institutions membership of this Union is compulsory for all students in others it is optional In either case it will be in your interest to join the Students Union of the college immediately after your admission Then there are students associations of the nature of study groups for different subjects like Economics Philosophy Mathematics History and so on

Many colleges have Dramatic and Film Societies Camera Societies Radio and Music Clubs If you are interested in any of these activities you should enrol yourself as a member of one or more of them

One of the most important social activities in a college is sport In addition to athletics which forms the main feature of all sports activities in Indian educational institutions outdoor games such as hockey foot ball cricket tennis badminton volley ball basket ball and ring tennis are played everywhere in India College teams for these games are organised Contact the Sports Secretary of your College or the Captain of the particular team you are interested in Strong and abiding friendships are formed on the field of sports and you should not miss this oppor tunity to meet and know Indian students

A branch of the National Cadet Corps (N C C) which imparts basic military training and discipline to students exists in most of the Higher educational institutions in India Admission to this is not easy to obtain If you are interested you should contact the Commandant of your College Corps soon afte you have secured admission to the College If you are not interested in the N C C you may perhaps like to join the Scouts movement which is fairly widespread in this country You will be interested to know that quite a large number of foreign students to day occupy responsible po itions in the various societies of their colleges and not a few of them have distinguished themselves in the field of sport

If you happen to live in a college hostel try to be pleasant and friendly with other residents and to join in the various activities of the hostel

The Students Service Unit of the Indian Council for Cultural Relations in cooperation with the Local Welfare Committees of the universities arranges social gatherings mainly for foreign students in the various university centres On such occasions students have an opportunity to meet local families and to know them Special cultural programmes are also arranged where foreign students present items and are in turn entertained with Indian items of music and dance These and similar informal occasions provide excellent opportunities of making new friends and knowing a little more about countries other than your own

(b) I C C R , Youth Hostels Y M C As

You will naturally like to utilise your holidays and vacations in seeing as much of India as possible the life of its people and places of educational and cultural interest The Indian Council for Cultural Relations (I C C R) that is keenly interested in the welfare of foreign students in India draws up special programmes for this purpo e If you inform the Indian Council for Cultural Relations Pataudi House New Delhi 1 of your arrival you will receive regular information regarding Holiday Programmes of

the Council study tours seminars and educational cum recr ational camps are organised by the Council in cooperation with the university author ties

The Youth Hostel Movement in India though of recent origin has already made considerable headway If you want to go on study tour or merely for sight seeing to different parts of the country either by yourself or with a few friends you will find the facilities offered by the Youth Hostels Association helpful A nominal membership fee is charged by the Youth Hostels Association of India As a member you may stay in any of their hostels (and these run in a chain throughout the country) for three or four days by paying a small amount of between 2 as and Re 1/ per day per seat for simple accommodation You will have to make your own arrangements for food you may either cook yourself or buy food from nearby hotels At some centres food is available in the Hostel at moderate rates Detailed information on this may be obtained from the Secretary Youth Hostels Association of India Mehrauli New Delhi He will also furnish you with the addresses of the Association s local branches

The Y M C A (Young Men s Christian Association) and the Y W C A (Young Women s Christian Association) have branche in almost all the big cities of India Their m mbership is open to everybody Beside accommodation the Y M C A and the Y WC A centres usually provide facilities for indoor and outdoor games and arrange social gatherings hikes picnics and holiday camps

(c) Entertainment in Cities

In the main cities of India there are good museums zoologi cal gardens and well laid out parks All cities have cinemas where films in English Hindustani and the local regional languages are shown Cinemas are generally open on all days Sundays included Student concessions are provided by some cinema managements You will know the programmes for all these shows from the daily newspapers and advertis ment boards that are displayed in the different parts of your city The prices of admission to cinemas vary from place to place — 5 as to Rs 5/ per seat Good accom modation is generally available between 10 as and Rs 2/ per seat per show

Good art galleries exist at Bombay Calcutta D lhi and Madras Among those maintained by the Government of India the well known ones are

1 National Museum of India Rashtrapati Bhavan New Delhi

2 Central Asian Antiquities Museum New Delhi

3 Indian Museum Calcutta

4 Victoria Memorial Hall Calcutta

5 Fort St George Museum Madras

Apart from these smaller art galleries are maintained by *the State governments or by trusts in other towns of India* You will find a visit to these instructive and entertaining The admission fee is nominal

Music concerts and dance performances form a regular feature of entertainment in different cities throughout the year These generally last between two to three hours Admission is by ticket with prices which may start as low as one rupee A good seat can be secured for about Rs 5/

European Music is known and fairly common in India In fact it is very popular in towns and particularly with communities like the Christians Parsees the Anglo Indians and those of the educated classes of other communities who frequent the English cinema In the cities you will have plenty of European music with occasional floor shows and ballroom dancing in restaurants and club Generally however floor shows are organised only in expensive hotels and restaurants which are rarely if ever visited by the average Indian students Concerts and recitals of western music are a regular feature and draw packed houses

A number of exhibitions of educational and cultural interest are held in various cities by official and non official agencies The Winter Season is the usual time for such exhibitions Admission is generally by ticket Prices vary from anna /1/ to Re 1/

Seeing India

India is a vast country with immense natural and mineral resources and an inexhaustible store of scenic beauty The snow clad Himalayas in the North the fertile plains of the Gangetic and Brahmaputra valleys the forests of Central India the luxurious tropical regions in the Southern States—all these have a peculiar charm and beauty of their own The cultural development of India through the ages is a fascinating story The story will unfold itself as you visit the innumerable archaeological ruins ancient monuments historic edifices temples mosques *Viharas* and

Churches that rank as great pieces of architecture of intricate work manship and skill Your stay in India is incomplete without a isit to these places You should therefore plan your holiday in dvance so that your education in India may be both instructive and rich and valuable experience

Here is a list of places for your general guidance —

orthern India

Agra is the city of the famous Taj Mahal and other important ghts like the Agra Fort Akbar s mausoleum at Sikandra the tomb f Itmad ud doula and Dayal Bagh Twenty two miles from Agra Fatehpur Sikri the abandoned Moghul capital in an excellent ate of preservation

Allahabad is situated at the confluence of the Yamuna and e Ganga It has an old fort There is also an Ashok pillar ixty five miles from Allahabad is **Kasumbi** where ruins of an ncient capital have been partially excavated

Amritsar in the East Punjab is famous for the Golden emple

Banaras is a Hindu pilgrim centre It is also the home f a famous university About six miles from Banaras is Sarnath ne of the great Buddhist centres with many architectural remains

Delhi is the capital of India Important places to visit are e Secretariat Rashtrapati Bhawan Parliament House Red Fort ima Masjid Humayun s Tomb Qutab Minar Tughlakabad auz Khas and Rajghat (Mahatma Gandhi s Samadhi)

Jaipur is the capital of Rajasthan Important sights are the d observatory museum palaces and the Hawa Mahal It is so famous for brass work stone carving ivory and sandal wood ork etc Five miles from Jaipur is Amber a picturesque edieval capital containing many interesting architectural remains

Kangra Valley is famous for its magnificent landscapes and storic temples Dalhousie and Dharamsala are two important ll stations in this valley

Kashmir is regarded as the tourist s paradise The health orts of Kashmir are some of the most picturesque in the world hlgam situated in the centre of the Liddar Valley has excellent mping sites Gulmarg 8 700 ft above sea level is the

of Kashmir s winter sports Amarnath situated at a height of nearly 13 000 ft is an ancient place of pilgrimage for Hindus Srinagar the summer capital of Kashmir is famous for its lakes and Moghul gardens

Kumaon Hills which form part of the Himalayas are known as the sport man s paradise Two important summer resorts in the e hills are Nainital picturesquely situated on the shores of a beautiful lake and Ranikhet Mo t of the mountaineering parties establish their base at Ranikhet

Lucknow is a city of historical monuments and Muslim shrines

Mathura is an important place of pilgrimage for Hindus It has a well known archæological museum Six miles from Mathura is Brindaban which is an equally important religious centre with sixteenth century temples

Simla is a well known hill station

Udaipur is the city of lakes with island palaces Seventy miles from Udaipur is Chittorgarh the abandoned capital of Mewar famous for its Tower of Victory

Eastern India

Budh Gaya is a Buddhist centre of pilgrimage It contains the famous medieval Buddhist temple

Bhuvaneshwar a city of ancient temples is the new capital of Orissa Nearby are the Jain rock cut caves of Khandagiri and Asoka s Rock Edict at Dhauli

Calcutta s important sights are the Hooghly Bridge the Victoria Memorial the Jain Temple the Kali Temple, Belur Math the Museum and the Zoo

Darjeeling is a Himalayan hill station from where Mount Kanchenjunga the third highest peak in the world can be seen

Gopalpur on sea is a seaside resort for a quiet holiday

Jamshedpur is famous as India s picturesque Steel Town

Nalanda contains a group of ruined Buddhist temples and monasteries and a small local museum It was the seat of an ancient Buddhist university

Puri is well known for the Jagannath Temple and the annual Car Festival Twenty miles from Puri is Konarak famous for the Sun Temple

Santiniketan is the home of the famous Viswa Bharati the international university founded by Rabindranath Tagore

Shillong is the headquarters of the Assam Government Thirty miles from Shillong is Cherrapunji the wettest place in the world

Central India

Gwalior is famous for its historic fort Seventy three miles from Gwalior is Shivpuri or Sipri famous for its lake and scenery Surwaya which is only twelve miles from Shivpuri contains the remains of a fortress of the early medieval period

Jabalpur Twelve miles from Jabalpur are the Marble Rocks

Mandu is one of the greatest medieval city sites of India with extensive remains including fortifications and palaces Thirty miles west to Mandu is Bagh which has a number of large caves adorned with fine old frescoes

Sevagram is the village where M hatma Gandhi founded his Ashram

Western India

Ajanta is famous for its Buddhist rock cut caves some of which contain exquisite wall paintings (1st century B C to 7th century A D)

Ellora is famou for its rock cut caves and temples of the early Christian era

Badami is famous for sculptured caves of the 6th century and for a group of Hindu temples Fifteen miles from Badami is Pattadakal with an important group of early Hindu temples

Bijapur was a Muslim capital in the 16th and 17th centuries The Gol Gumbaz has the second largest dome in the world and also a whispering gallery

Bombay is the Gateway of India Important places to visit are the Museum the Gateway of India the Hanging Gar dens, Marine Drive Juhu Beach and the Elephanta Caves

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Rameshwaram contains one of India's most venerated temples perhaps the finest example of South Indian architecture

Trivandrum has a lovely beach a famous art gallery and museum and is well known for its ivory work

Equally important are the Hydro electric works and the Community Development Projects that are rapidly changing the picture of India A visit to Bhakhra Nangal or the Nilokheri Community Project area will give you a valuable opportunity to see how India is trying to build and bring new life to her people

It is not possible in this short booklet to detail all the places that you should visit or to describe them fully You will do well to contact the nearest Regional Tourist Officer of the Government of India (with offices in all state capitals) who will provide you with comprehensive information and literature for seeing India

PART III

USEFUL HINTS

(a) Cost of Living Currency and Commercial Code

Judged by western standards the cost of living in India is low There are further differences in the standard and cost of living as between a village and a town or between a town and a city On an average basis a student will need about Rs 100/ per month to cover his board lodging and incidental expenses In your college hostel you are usually provided with a single room a table chair and a bed Sometimes two or more students are put in one if the room permits In very few cases are bathrooms attached to every room Usually there are separate blocks of bathrooms and toilets Generally the food provided in college hostels is cooked in Indian style Boarding arrangements usually include breakfast lunch light tea and dinner Boarding and loding charges usually come to Rs 75 (£5 10 or $17) per month per head Other expenditure like conveyance charges laundry and miscellaneous items should account for another Rs 25/ per month

If you make your own arrangements for accommodation and rent a room outside the college or university premises your monthly expenditure on board and lodging and daily necessities should not exceed Rs 125 p m This will of course be exclusive of your expenditure on clothing medical care books etc You would be well advised to have some reserve that you can draw upon in emergencies This should not be less than Rs 25/ per month

Indian currency is uniform throughout the country The rupee which may either consist of a silver coin about an inch in diameter or a small currency note rectangular in shape measuring about 4 x 2½ is the basic currency It is of the value of approximately 1/13th of a pound sterling and 1/4th of a U S dollar The exact exchange rate varies from time to time The rupee is divided into 16 parts called annas An anna is a nickel coin circular in shape and with a perforated rim One fourth of an anna is a small copper coin about 3/4th in diameter called a pice There are also half anna nickel coins 1/2 sqr in dimensions and 8 anna silver coins 3/4 in diameter and two annas and four anna coins Currency notes of the denominations of Re 1/ Rs 2/ Rs 5/ Rs 10 and Rs 100/ are in general use

It is always useful to have some ready change with you when you go out shopping. Owing to the varied methods of production, distribution and sale, prices of many articles of daily use vary from place to place and even from shop to shop. With small tradesmen it may pay you to bargain. This however does not apply to the bigger shops where prices are fixed and displayed as in Europe or America. Till you get accustomed to these things you will do well to take the advice of your Indian friends and be guided by them.

(b) Suggestions about Clothing in different parts of the Country

Climatic conditions in India vary from region to region and it is difficult to recommend a uniform set of clothes for students coming to India. Here however is an idea of the climate in different parts of the country. The seasons in Northern India that includes the states of the Assam, Bengal, Bihar, Delhi, Gujarat, Madhya Bharat, Madhya Pradesh, Pepsu, Punjab, Rajasthan, Uttar Pradesh and Vindhya Pradesh are as follows:

April to June	Summer
July to August	Monsoon
September to October	Autumn
November to January	Winter
February to March	Spring

Both the summer and winter in these regions are severe. In summer the temperature generally ranges from 90 to 105 degrees F although in some places like Delhi and Nagpur it rises to 115 degrees at times. In winter the mercury at time drops to 38 degree and the maximum temperature during this season is only about 90 degrees in the plains. If therefore you come to an educational centre in this region you must equip yourself with sufficient warm clothing for winter and proper cotton clothes for summer. In the South the temperature throughout the year is moderate and cotton clothes should suffice except at Bangalore, Chikmagalur in Mysore State and the Nilgiri Hills where it is rather cold during the winter months from October to January. A full set of warm clothes will cost about Rs 500/- while a sum of Rs 15/- will be the maximum required for a complete set of cotton clothes. Except for those who come from European countries or from the Americas students will generally find it cheaper to buy their clothes in India.

It is not the usual practice in India either in hotels or in trains to provide beddings. Students will therefore have to purchase their own beddings for use throughout their sta

India They can easily buy a bedding in any of the big cities of India for about Rs 50/ As some of these regions are still malarial it is advisable to use mosquito nets

(c) Health and Medical Services How to keep fit

There are a number of hospitals and dispensaries run by the Government local bodies and in some cases by non official agencies in all the cities and towns of India Many of these have up to date and modern equipment The medical staff is highly qualified courteous and attentive to patients The general hospitals apart there are others for specialised treatment Separate hospitals for women also exist In the hospitals maintained by Government agencies or local bodies treatment is generally free for patients with an income of less than Rs 100/ per month In case of illness contact the medical authorities concerned through the head of your institution or any other responsible member of your college staff

But prevention is always better than cure It you take some elementary precautions you can keep fit and healty Indian food is generally rich It may take you some time to develop a taste for it Of course you can ask for special food without spices Avoid as far as possible eating in hotels and restaurants or at open shops in the streets Try to avoid fried things becau e they are heavy and not easily digested It is in fact wise to keep to the diet provided in your hostel or lodgings until you know how far you can take Indian food

A clean and nicely kept room will help you to feel cheerful and healthy Anything that you think unclean or insanitary should be brought at once to the notice of the authorities It should be your constant care to act with a sense of civic consciousness and where possible to guide your friends to do likewise It will take you some time to acclimatise yourself to Indian conditions but at all times avoid exposing yourself to extremes of heat and cold

(d) Other Public Services

(i) Indian Railways

The Indian Railway system with a vast network of connecting lines can bear favourable comparison with the railway systems of the most advanced countries It is far flung and efficient Trains are generally punctual and with the exception of the lowest class not over crowded There are three classes of travel first second and third apart from the air conditioned coaches For long distance travelling sleeping berth can be reserved even in third class compartments Train fares in India are perhaps the cheapest

in the world You can get detail of all train timings fares etc from the nearest Station Master Free luggage up to 50 lbs excluding bedding is allowed for third class passengers The Rail way Board publishes an All India Railway Time Table and Guide There is also a comprehensive Bradshaw published by Messrs Newman & Co Calcutta Apart from these all seven Indian Railways publish local Time Tables bi annually In Greater Bombay and Madras there are suburban electric train services that are quick convenient and cheap In Bombay and Calcutta there are electric tram ervices also

(ii) **Bus Services**

In all the large cities regular local bus services exist Fares are reasonably low and average between 1/2 to 1 anna per mile Regular stops and request stops are provided at all important places *en route* Most of the bus services in cities have been nationalised and are run by autonomous corporations set up by the Government They publish their own handbooks giving details of routes timings and interesting places of sight seeing There are al o long distance bus service between the principal towns of the different states of India Some of these cover two to three hundred miles on a single journey It is a great pleasure to travel by these buses instead of by railway and see the changing scenery of India as the bus speeds along

(iii) **Postal System**

Postage stamps can be purcha ed in India only at Government post offices Despatch of money orders and registration of letters packet and parcels can also be done only at these offices Po tage rates for inland letters are closed envelopes two annas (for the first tola and for each additional tola one anna) inland air letters 1½ annas each post cards 3/4 anna each express delivery (delivered a telegrams) 2 annas extra stamp on all letters and post cards For overseas an air letter costs from 8 annas to 12 annas This i the cheapest and most convenient arrangement When in doubt always consult the nearest Post Office

Except in a few large cities the telegraph office is invariably situated on the premises of the Post Office Ordinary inland telegrams cost annas /12/ for a minimum of eight words with an extra one anna for every additional word Express telegrams are charged at Rs 1/8/ for the first eight words and extra /2/ for every additional word Greetings telegrams of approved and prescribed wording which are sent according to numbers are ch for at very low concessional rates

In the event of your having to change your address frequently you may have letters addressed to you c/o the Post Master at any Post Office It is advisable to have your Passport or Identity Card when you go to claim a letter

You may open a *Savings Bank Account at the local Post Office* Details may be obtained from the nearest Post Office

(ii) **Public Libraries**

There are likely to be a number o libraries outside your own university and college where *you can consult books of interest* to you For information about them consult your own supervisor of studies For general reference and reading there is a public library in every town or district headquarters in a large city An one may use a public library for reference

Students who can produce evidence of admission to a recognised educational institution may also use their local public library for borrowing without charge provided *they follow* the library rules and regulations

(v) **Police and the Law**

Whenever you are in difficulties approach the local Constable or Police Officer The police force is a public s rvice Of the many ways in which they are of *service to the public* these *will* specially interest you —

(i) They have a thorough knowledge of the district in which they work and can usually guide strangers to any point within their area

(ii) They can give you advice about lost property

(iii) You may appeal to them in almost any emergency If necessary call them on the phone

(iv) If you find yourself in difficulties vis a vis the Law seek advice from the head of the institution or the Warden of your College Hostel who can act on your behalf

(e) **When in need of help remember that** —

(i) *Each educational institution where foreign students* are admitted has a special *Student Adviser* who is usually a member of the staff He devotes particular attention to the welfare of foreign students in the institution If you have any difficulty you should immediately contact him and obtain his advice in the matter

(ii) If your problem is such that the help given by your college *Student Adviser* is not enough you should contact the *Regional*

Welfare Officer of the Indian Council for Cultural Relations The Regional Welfare Officers are posted at Bombay Calcutta Delhi and Madras and they have their headquarters at the respective University offices

(iii) Your college authorties will also furnish you with the necessary information regarding the members of the *Local Welfare Committees* for your University You can contact any of these members for the purpose of getting in touch with outside friends

(iv) **The Scholarships Division of the Ministry of Education Government of India** New Delhi is generally responsible for the academic life of all foreign students in Indian Universities They have special responsibilities towards the Cultural scholars of the Government of India and also to the scholars who have come to India under the reciprocal scholarsh ps schemes In all matters concerning your education and your academic interests write to the Officer in Charge of this Division This is necessary particularly for students who experience any difficulty in receiving their stipends or obtaining admission to institutions

(v) There are also some *foreign students associations* in India Branches of the Overseas Students Association exist at Bombay Calcutta Madras Lucknow and Bangalore At Delhi this body is called the *Foreign Student Association* while at Banaras it is known as the *International Students Association* You can obtain the addresses of the responsible office bearers from the University offices concerned

There is besides the African Students Association in India with its headquarters at Bombay The Malay n Students Association has its headquarters in Madras while the Ceylonese Students Association functions from Calcutta The Indonesian Students Association has its headquarters at Delhi There are no regular offices for these bodies and the addresses of the office bearers change from year to year It is well to contact the responsible office bearers on your rrival in India with the help cf some senior foreign students who are already studying at your instituti tions

(vi) World University Service

The World University Service is an international students organisation devoted to the service of all University students It has its Indian headquarters in the University Buildings Delhi and branches in almost all the university centres of India During the past few years this association has been mainly engaged in organising medical relief work among students Details of its activities and the help the association can give you may be obtained from the Secretary World University Service University of Delhi Delhi 8

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